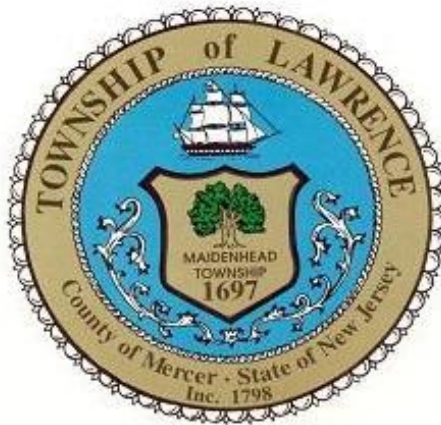


Lawrence Township Resource Directory



Public Health

Prevent. Promote. Protect.

Lawrence Township Health Department

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Lawrence Health Department Staff Directory

2207 Lawrenceville Road, Lawrence NJ 08648

Fax: (609) 895-1668

Nurse's Fax: (609) 219-1831

Front Desk: (609) 844-7089

health@lawrencetwp.com

Keith Levine, Health Officer

(609) 844-7090

klevine@lawrencetwp.com

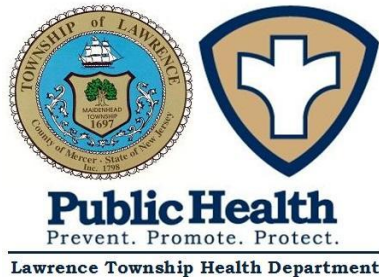
<u>Aimee Landau, REHS</u> EXT: 7154 alandau@lawrencetwp.com	<u>Christine Buck, Animal Control Officer</u> EXT: 7092 cbuck@lawrencetwp.com
<u>John Sullivan, REHS</u> EXT: 7088 jsullivan@lawrencetwp.com	<u>Jessica Meyer, Animal Control Officer (Part Time)</u> EXT: 7092
<u>Gina Breth, Nurse</u> EXT: 7094 nurse@lawrencetwp.com	<u>Linda Ciosek, Registrar of Vital Statistics</u> EXT: 7093 lciosek@lawrencetwp.com
<u>Mary Lou Ferenchick, Nurse (Per Diem)</u> EXT: 7094 nurse@lawrencetwp.com	<u>Eryn Villanueva, LHOC</u> EXT: 7089 evillanueva@lawrencetwp.com
<u>Carol Nicholas (Per Diem Nurse)</u> EXT: 7094 nurse@lawrencetwp.com	<u>Naseema Uddin, LHOC</u> EXT: 7091 nuddin@lawrencetwp.com

Webpage: <https://www.lawrencetwp.com/departments/health>

Facebook: <https://www.facebook.com/TownshipofLawrence/>

PUBLIC HEALTH SERVICES

The Lawrence Township Health Department is dedicated to the service of its residents. We urge you to take a careful look at the services being offered and encourage you to become an active participant in the public health service system in Lawrence Township.



For information on upcoming activities and emergencies please use the following:

<https://www.facebook.com/TownshipofLawrence/>

<https://www.lawrencetwp.com/departments/health>

<https://local.nixle.com/register/>

MISSION STATEMENT

The Lawrence Township Health Department provides professional, competent, and efficient environmental and public health services to the residents of this community. Under the mandates of the New Jersey State Public Health Practice Standards and the ordinances and policies of the Board of Health, the Health Department promotes and protects the public's health by the use of disease prevention, health promotion and education, inspections, and enforcement activities. The Health Department responds quickly and effectively to the ever-changing priorities of the public health field in order to meet the needs of the community.

HEALTH PROMOTION

Services include: community assessment, planning and health education program development, implementation and evaluation. Health education is heavily integrated in the Departments services. A variety of health education programs and materials are available upon request. For more information:

(609) 844- 7094

ENVIRONMENTAL SERVICES

<p><u>BODY ART AND MASSAGE ESTABLISHMENTS</u></p> <p>Routinely inspects tattoo parlors, body piercing, and massage establishments to ensure compliance with state and local laws.</p>	<p><u>NUISANCES</u></p> <p>Investigates environmental nuisances concerning insects, rodents, weeds, garbage debris, and general unsanitary conditions.</p>
<p><u>INDIVIDUAL WATER SUPPLY</u></p> <p>Monitors the installation of individual water supplies within the Township and ensures wells no longer in use are properly abandoned.</p>	<p><u>DAY CARE CENTERS AND YOUTH CAMPS</u></p> <p>Routine inspections of daycare and pre-operational inspections of youth camps are conducted to ensure a clean and safe atmosphere.</p>
<p><u>RADON</u></p> <p>Do it yourself radon test kits are available for purchase at the Lawrence Health Department for \$12. Exact change or check only.</p>	<p><u>OCCUPATIONAL HEALTH</u></p> <p>Some occupational health problems are investigated. Where local inspection cannot be performed, the complaint will be referred to OSHA or the New Jersey State Department of Health and Senior Services.</p>
<p><u>RETAIL FOOD ESTABLISHMENTS</u></p> <p>Conducts routine inspection of retail food establishments located in the Township to ensure State standards are met. The Lawrence Health Department also responds to individual complaints as well as monitoring of recalled foods to ensure that only safe products reach the public.</p>	<p><u>PUBLIC BATHING PLACES</u></p> <p>Monitors and inspects public bathing places in the community to ensure safety and cleanliness.</p>
<p style="text-align: center;"><u>LEAD PROGRAM</u></p> <p>Provide case management for children who are identified as having elevated blood lead levels. Our certified inspectors will perform an environmental risk assessment to identify lead hazards and oversee the abatement process.</p>	

PUBLIC HEALTH NURSING

ADULT HEALTH SERVICES

Offering a variety of services that screen for diabetes, cancer, and heart disease. Provide preventative counseling and education. Periodic screenings and assessments include; hearing, vision, cardiovascular disease, hypertension, diabetes, body fat analysis, body mass index.

COMMUNICABLE DISEASE CONTROL

Monitors disease which can be spread from person to person and animals to people. The following services are provided to monitor and prevent disease spread:

- Maintain record on all reportable diseases and complete required surveillance reports.
- Investigate various disease occurrences and initiate control measures.
- Referrals made to the Mercer County Tuberculosis program coordinated by the Trenton Health Team
- Refer individuals to the STD clinic at the Hamilton Division of Health.
- Flu and COVID-19 vaccines annually to senior citizens and high-risk individuals as well as home visits for homebound seniors.
- Audit pre-school, daycare, private and public K-12 schools to ensure high levels of immunization are maintained in the community, reducing possible mumps, measles, pertussis and chicken pox epidemics.

MATERNAL AND CHILD HEALTH SERVICES

Uninsured infants, toddlers and school aged children up to age 18 can attend our Child Health Clinics. The clinic ensures children are seen by a doctor and the following services are provided; physical exam, growth measurements, required immunizations, vision, hearing and developmental assessments. We also provide counseling, health education, and lead assessment/screening during appointments. We also offer Prenatal and Postpartum home visits for high risk mothers if requested

The clinic is appointment only call: (609) 844- 7094

VITAL STATISTICS

The Registrar maintains records of all marriages, domestic partnerships, civil unions, births and deaths in Lawrence Township. The services include burial permits, marriage applications, and issuing marriage licenses and certified copies. For more information: (609) 844- 7093

ANIMAL CONTROL

The Animal Control Officer handles the pickup of stray and injured animals, including those suspected of rabies. We report, investigate, and follow up on all animal bites to ensure the proper medical attention to the victim and to ensure the biting animal is quarantined to be observed for rabies. Investigate animal nuisance complaints and enforce all state and local laws for animals. Inspect pet shops, kennels, and shelters to ensure compliance with state and local laws. Free rabies vaccination clinics are offered twice a year for dogs and cats. For more information: (609) 844- 7092



The Greater Mercer Public Health Partnership (GMPHP) is a collaboration of hospitals, health departments, the Department of Health and Human Services, and other nonprofit organizations. Our mission is to measurably improve the health of residents of the Greater Mercer County community.

As part of a collaborative effort to improve the health of the community, the GMPHP regularly conducts a Community Health Assessment (CHA) and develops a Community Health Improvement Plan (CHIP). [Please click here to review the document.](#)

Community Health Assessment (CHA)

A CHA uses quantitative and qualitative methods to collect and analyze data about community health, and is conducted in partnership with the community. The CHA identifies health-related needs and assets. The ultimate goal of a CHA is to develop public health priorities and a data-driven CHIP.

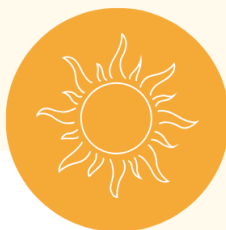
Community Health Improvement Plan (CHIP)

A CHIP is a long-term plan to prioritize and address public health needs based on the CHA. It includes priority areas, goals, objectives, and strategies to improve community health. This plan is used by health, education, and human service agencies, in collaboration with community partners.

The GMPHP website is a directory that contains health and wellness resources for all Greater Mercer County residents. The GMPHP is governed by a core group of founding members, with the support of the Community Advisory Board, a large network of community leaders and organizations who function in partnership with the GMPHP. From finding your nearest farmer's market to accessing high quality healthcare for you and your family – you'll find it all here. You can stay connected to your community, and get the information you need, all in one place.

For more info, visit www.healthymercer.org or call (609) 580-0621.

Reduce your S's



Sun

UV rays can penetrate and change the structure of skin cells. Too much sun exposure can increase your risk for skin cancer. It is important to use sunscreen, wear protective clothing, hats and sunglasses!

Smoking

Cigarette smoking remains the leading cause of preventable disease, disability, and death in the United States. Quitting smoking is one of the most important steps you can take to improve your health



Sugar

Americans are eating and drinking too many added sugars, which can contribute to health problems such as weight gain and obesity, type 2 diabetes, and heart disease.

Salt

Your body needs a small amount of sodium to work properly, but too much sodium is bad for your health. Eating too much sodium can increase your blood pressure and your risk for heart disease and stroke.



Sitting

Physical Activity is one of the best things people can do to improve their health. It is vital for healthy aging and can reduce the burden of chronic diseases and prevent early death.

Spirits

If you choose to drink alcohol, the [Dietary Guidelines for Americans](#) recommends that adults of legal drinking age can choose not to drink, or to drink in moderation by limiting intake to 2 drinks or less in a day for men or 1 drink or less in a day for women, on days when alcohol is consumed.



AGING SERVICES

<p><u>Lawrence Senior Center/Office on Aging</u> 30 E. DARRAH LANE, LAWRENCE NJ, 08648 609-844-7049 Monday through Friday from 8:30 am to 4:30 pm. https://www.lawrencetwp.com/departments/Office-on-Aging-Senior-Center The Office on Aging is in the Lawrence Senior Center, provides programs, activities, information, assistance and referrals to social services for Lawrence senior citizens, 60 years of age and older.</p>	<p><u>Mercer County Nutrition Program</u> 30 E. DARRAH LANE, LAWRENCE NJ, 08648 (609)-989-6650 https://www.lawrencetwp.com/media/Departments/OfficeOnAging/Activities/MCNutritionProgram.pdf Meals are served at the Lawrence Senior Center Monday, Wednesday, Thursday, & Friday. Registration required & Transportation offered to Lawrence residents 60+ years. Mercer County Nutrition is a federally funded program that encourages participants to make a suggested donation of \$1 per meal.</p>
<p><u>Adult Protective Services</u> (609) 989-4346 https://www.mcboss.org/services_offered/social_services Provides social services to vulnerable adults residing in the community who are at risk for harm because they cannot adequately protect themselves. Allegations of abuse, neglect or exploitation of the elderly, blind or disabled are investigated by our staff and various services are provided to eliminate the risk. Adult Protective Services are provided regardless of income.</p>	<p><u>Adult Social Services</u> (609) 989- 4347 https://www.mcboss.org/services_offered/social_services Provides services to elderly, blind or disabled adults in the community. Services include assistance with housing, home health aides, and various support services. This includes those who reside in Boarding Homes, Residential Health Care Facilities, and Rooming Houses. Our staff also investigates any complaints received about these facilities and provides outreach services to those who reside in these facilities.</p>
<p><u>Penn Medicine at Home</u> 609-497-4900 https://www.princetonhcs.org/care-services/princeton-homecare Provide many different home-based health services to Mercer County. Offer 4 different home care services; Home Health Program, Hospice and Palliative Care Program, Infusion Therapy program and a Caregiver Program</p>	<p><u>Robert Wood Johnson Home Care</u> (888) 997-9584 https://www.rwjbh.org/rwj-university-hospital-new-brunswick/treatment-care/home-care Provide Home Medicare and Medicaid-certified home health, palliative, and hospice care.</p>

<p><u>VNA Home Health Group</u> 800-400-0981 <u>https://vnahg.org/home-health-care/</u> Offer a wide variety of home health services.</p>	<p><u>Interfaith Caregivers Greater Mercer County</u> (609) 393-9922 <u>https://www.icgmc.org/neighbors-helping-neighbors/</u> Service free of cost for seniors that offers transportation, shopping and errands, friendly visits, paperwork assistance, light meal preparation and many more services</p>
<p><u>ComForCare Home Care</u> (609) 771-0083 <u>https://www.comforcare.com/new-jersey/mercercare/in-home-care/personal-care.html</u> They offer different home services such as light cleaning, transportation and meal prep.</p>	<p><u>Meals on Wheels</u> 609-695-3483 <u>https://www.mealsonwheelsmercercare.org/meal-delivery-application</u> A daily food delivery service of meals to homebound seniors.</p>
<p><u>Merry Maids</u> (888) 490-4227 <u>https://www.merrymaids.com/cleaning-services/specialty-cleaning/cleaning-for-seniors/</u> A cleaning service that has special cleaning services designed for seniors. Cost associated.</p>	<p><u>The Mercer County Office on Aging/Aging and Disability Resource Connection:</u> (609) 989-6661 <u>adrc@mercercounty.org</u> <u>https://www.mercercounty.org/departments/human-services/aging-disability-resource-connection</u> The ADRC provides seniors, adults, and their caregivers in finding benefits and services they need.</p>
<p><u>Division of Aging Services (DoAS)</u> <u>https://www.state.nj.us/humanservices/division-of-aging-services/</u> administers a number of federal and state-funded programs that make it easier for older adults to live in the community as long as possible with independence, dignity and choice.</p>	<p><u>Mercer Home Health Care</u> 609-227-2727 <u>https://mercercarehomehealth.com/contact.htm</u> Home Nursing services for Mercer county, accepts Medicare and will assist in services such as feeding, mobility and bathing.</p>

Senior Farmers' Market Nutrition Program

609-292-9560, or e-mail the Farmers Market Team at njsfmnp@doh.nj.gov

Provides low-income seniors with coupons that can be exchanged for eligible foods (fruits, vegetables, honey, and fresh-cut herbs) at farmers' markets, roadside stands, and community supported agriculture (CSA) programs.

PROMOTING HEALTHY AGING



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Factors that influence healthy aging

Genetics play a factor in how we age and we are unable to change them. However, taking care of your physical, mental and cognitive health can help you maintain a great quality of life as you age.



Get regular exercise

Daily physical activity in any form can benefit as you age

Healthy Diet
Eating a whole food, nutritious and diverse diet provides your body with the energy it needs



Sleep

Ensure you receive 7-9 hours of sleep every night

Quit Smoking
Regardless of how long you have smoked, quitting will always improve chances of positive health outcomes



Limit alcohol consumption

Alcohol consumption at older ages makes you more susceptible to the negative outcomes of alcohol

Preventative Care
Ensure you are regularly visiting the doctor in order to check in on your health



Social Life

Regularly socializing benefits mental health no matter the age

Lower Stress
Stress causes many detriments to the body so taking the time to relax is important

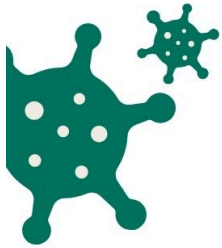


Keep Busy

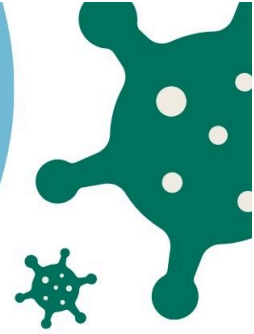
Having Hobbies and participating in different activities can keep your brain active and reduce symptoms of cognitive decline

COVID-19 TESTING SITES

<p><u>CVS</u> 1900 Brunswick Ave Lawrence Twp, NJ 08648 609-392-6476 & 2721 Brunswick Pike Lawrence Twp., NJ 08648 (609) 882-2577</p> <p>By appointment only, register here: https://www.cvs.com/minuteclinic/covid-19-testing</p>	<p><u>MedLife Diagnostic Laboratories</u> 1717 Brunswick Pike Lawrence Twp., NJ 08648 866-933-0852 https://medlifediagnostic.com/ Must have a doctor's note.</p>
<p>Free take-home rapid COVID-19 tests are now available at all scheduled Mercer County Department of Public Health clinics. HomeTesting@mercercounty.org</p>	<p><u>CDC COVID-19 Testing</u> Use this website to find a location convenient for no-cost COVID-19 testing. https://testinglocator.cdc.gov/Search</p>
<p><u>Lawrence Township Health Department</u> 2207 Lawrenceville Road 609-844-7089 2 test kits per person are available. https://www.lawrencetwp.com/departments/health</p>	<p><u>NJDOH COVID-19 Testing Information</u> Though the State of New Jersey is not maintaining a statewide test locator, there are a number of resources to help you find COVID-19 testing How To Get Tested For COVID-19 In New Jersey (nj.gov)</p>



COVID-19 VACCINE RESOURCES



Place an order to receive four free COVID-19 rapid tests delivered directly to your home.

<https://www.covid.gov/tests>



Use [Vaccines.gov](https://www.vaccines.gov) to find a vaccine near you or visit their website to make an appointment.

Call [1-800-232-0233](tel:1-800-232-0233) (TTY [1-888-720-7489](tel:1-888-720-7489))



**Seniors (65+) Hotline for vaccination by dialing
855-429-1168**



Requesting in-home vaccination by calling **855-568-0545** or by completing the form online (Spanish form). This is only available to those who are homebound.

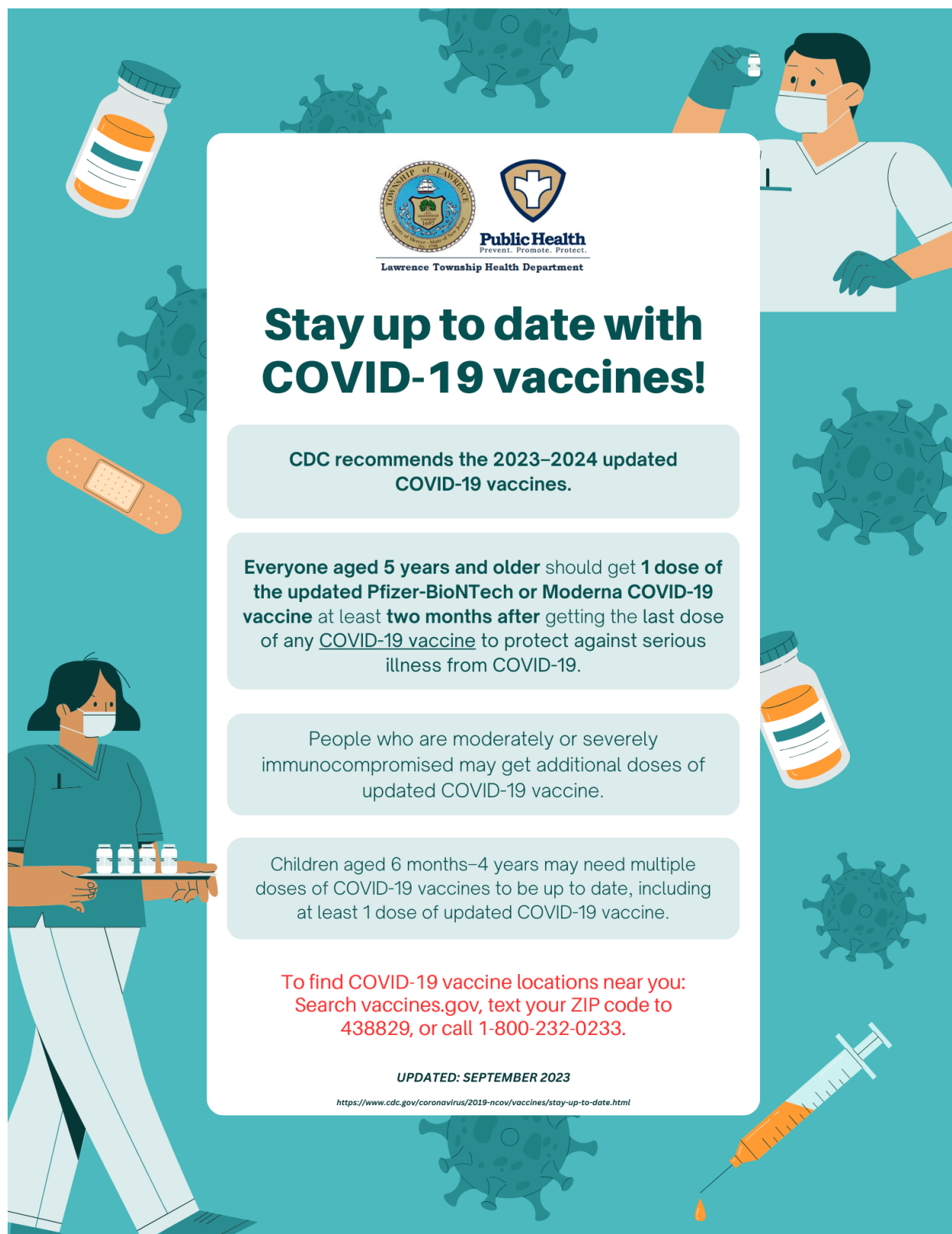


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COVID-19 VACCINE SITES

<u>NJ Vaccine Scheduling System</u> 855-568-0545 or https://covidvaccine.nj.gov/	<u>NJ State Hotline for 65+</u> 856-249-7007
<u>CDC COVID-19 Website</u> https://www.cdc.gov/coronavirus/2019-ncov/index.html	<u>COVID-19 Testing Sites</u> 1-855-568-0545 https://covid19.nj.gov/pages/testing
<u>Mercer County Health Department</u> 640 S. Broad Street, P.O. Box 8068 Trenton, NJ 08650 609-278-7165 https://www.mercercounty.org/departments/human-services/division-of-public-health	<u>ShopRite</u> 3373 BRUNSWICK PIKE, LAWRENCEVILLE (609) 275-8555 vaccines.shoprite.com
<u>CVS</u> 800-746-7287 or www.cvs.com/immunizations/covid-19-vaccine Accepting walk-ins and same day appointments. Lawrence locations: 1900 Brunswick Avenue, Lawrenceville (609) 392-6476 2721 Brunswick Pike, Lawrenceville (609) 882-2577	<u>Keys2 Health Wellness</u> 2500 Brunswick Ave, Suite 204-205 732-290-5480 info@icare-medical.org offering 6 months-4 years of age COVID-19 vaccines.
<u>Penlar Pharmacy</u> 160 Lawrenceville - Pennington Rd #12 (609) 895-0444	<u>Costco</u> 4100 Quaker Bridge Road (609) 779-7010



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Stay up to date with COVID-19 vaccines!

CDC recommends the 2023–2024 updated
COVID-19 vaccines.

Everyone aged 5 years and older should get **1 dose of the updated Pfizer-BioNTech or Moderna COVID-19 vaccine** at least **two months after** getting the last dose of any COVID-19 vaccine to protect against serious illness from COVID-19.

People who are moderately or severely immunocompromised may get additional doses of updated COVID-19 vaccine.

Children aged 6 months–4 years may need multiple doses of COVID-19 vaccines to be up to date, including at least 1 dose of updated COVID-19 vaccine.

To find COVID-19 vaccine locations near you:
Search [vaccines.gov](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html), text your ZIP code to
438829, or call 1-800-232-0233.

UPDATED: SEPTEMBER 2023

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>

CRISIS LINES

- **Alcoholics Anonymous Emergency Hotline (24 hr.)**----- (609) 586-6900
Central Jersey Intergroup- Connection to AA meetings in urgent situations
- **Capital Health's Emergency Screening Center (24/7)** -----(609) 396-4357
Capital Health's mental health emergency helpline
- **Council of Compulsive Gambling NJ** -----(800) 426- 2537
Information, Education and Referral Services
- **Institute for Prevention and Recovery Quit Center** -----(833) 795-7848
Resources for quitting Tobacco and Nicotine Products
- **Suicide Crisis Hotline (24/7)** -----988
Multilingual, Free and Confidential connection when in crisis
- **Mercer County Homeless Helpline (24/7)**----- 211
Multilingual, Free and Confidential connection to services in an emergency
- **Narcotics Anonymous in New Jersey** -----(800) 992- 0401
Helpline to receive information from Narcotics Anonymous
- **New Jersey Addiction Services Hotline (24/7)** -----(844) 276-2777
Access to Treatment Services
- **New Jersey Statewide Domestic Violence Hotline (24/7)**----- (800) 572-7233
Crisis intervention, information and/or referral services for domestic violence victims
- **New Jersey Vet2Vet (24/7)** -----(866) 838-7654
Support for veterans and active military as well as their families and caregivers
- **NJ AIDS/HIV/STD (24/7)**----- (800) 624-2377
Answering questions and concerns about sexually transmitted diseases
- **NJ DCF Children's System of Care (24 hr.)**----- (877) 652- 7624
Questions about or access to substance use treatment services for children and youth
- **NJ Poison Control Center (24/7)** ----- (800) 222- 1222
Statewide poison control services
- **ReachNJ** ----- (844) 732-2465
24/7 addictions hotline
- **The New Jersey Hopeline** ----- (855) 654- 6735
Peer support and suicide prevention Hotline
- **Womanspace (24/7)** ----- (609) 394-9000
Hotline to connect to crisis intervention, emergency shelter, counseling, court advocacy, and housing service.



Healthy Ways to Cope with Stress!

- Take breaks from social media. It's good to be informed, but constant information about negative events can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, TV, and computer screens for a while.
- Take care of your body:
 - Eat healthy. Have fruits and vegetables, lean protein, whole grains, and low-fat or no-fat dairy. Limit foods with unhealthy fats, salt, and added sugars.
 - Get enough sleep. Go to bed and wake up at the same time each day to help you sleep better. Adults need 7 or more hours per night.
 - Move more and sit less. Every little bit of physical activity helps. Start small and build up to 2 ½ hours a week. You can break it into smaller amounts such as 20 to 30 minutes a day.
- Limit alcohol intake. Choose not to drink, or drink in moderation on days you drink alcohol. Moderation means having 2 drinks or less a day for men or 1 drink or less for women.
- Avoid using illegal drugs or prescription drugs in ways other than prescribed. Don't take someone else's prescription.
- Avoid smoking, vaping, and the use of other tobacco products. People can and do quit smoking for good.
- Continue with regular health appointments, tests, screenings, and vaccinations.
- Make time to unwind.
 - Take deep breaths, stretch, or meditate.
- Connect with others.
 - Talk with people you trust about your concerns and how you are feeling.
 - Connect with your community-based or faith-based organizations.



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SOURCE: CDC, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health

EMPLOYMENT RESOURCES

<p><u>NJ Department of Labor and Workforce Development, Division of Unemployment Insurance</u></p> <p>Unemployment Insurance (UI) is a program that gives financial support to people who lose their jobs through no fault of their own. https://www.myunemployment.nj.gov/labor/myunemployment/</p> <p>If you do not have internet access, dial by location for assistance:</p> <p>North Jersey: 201-601-4100 Central Jersey: 732-761-2020 South Jersey: 856-507-2340</p>	<p><u>NJ Civil Service Commission</u></p> <p>The New Jersey Civil Service Commission updates this page daily. Most announcements will remain on this page for at least two weeks. Filing instructions are provided with each announcement and state how and where to apply. https://info.csc.state.nj.us/vats/</p>
<p><u>Mercer County Job Opportunities</u></p> <p>Mercer County job postings are available on this website and are frequently updated. https://www.mercercounty.org/departments/personnel/forms-applications</p>	<p><u>Veterans Affairs</u></p> <p>Career help and job training as you transition into civilian life https://www.va.gov/careers-employment/veteran-resources/</p>
<p><u>CareerOneStop</u> sponsored by the U.S. Department of Labor, Employment and Training Administration.</p> <p><u>Getting Back to Work</u> CareerOne Stop's <u>Recover After a Layoff Guide</u> is a one-stop site for employment, training, and financial help after a layoff. https://www.careeronestop.org/ResourcesFor/GettingBackToWork/getting-back-to-work.aspx</p> <p><u>Career Changer</u> Visit CareerOneStop's mySkills myFuture website to learn how you put your skills to work in a new career. https://www.careeronestop.org/ResourcesFor/CareerChanger/career-changer.aspx</p> <p><u>Military and Veterans</u> Find career, training, and employment assistance for veterans and transitioning service members at the Veteran and Military Transition Center. Also find resources for military spouses. https://www.careeronestop.org/ResourcesFor/Veteran/veteran.aspx</p> <p><u>Worker with a criminal conviction</u> CareerOneStop's Job Search Help for Ex-Offenders website offers information, tips, and resources to help people with criminal convictions overcome barriers they might face.</p>	

<https://www.careeronestop.org/ResourcesFor/WorkerCriminalConviction/worker-with-a-criminal-conviction.aspx>

Entry-level worker

The information and tools you need to help you find a job when you have little or no work experience.

<https://www.careeronestop.org/ResourcesFor/EntryLevel/entry-level.aspx>

55+ workers

Get news and tips for getting a job if you're an older worker.

<https://www.careeronestop.org/ResourcesFor/55PlusWorkers/55-plus-workers.aspx>

Young adult

CareerOneStop's [GetMyFuture](#) offers career, training, and job search resources to young adults age 16 to 24.

<https://www.careeronestop.org/ResourcesFor/YoungAdult/young-adult.aspx>

Worker with a disability

Resources and information to support successful employment for anyone with a disability.

<https://www.careeronestop.org/ResourcesFor/WorkersWithDisabilities/workers-with-disabilities.aspx>

Businesses

CareerOneStop's [Business Center](#) offers tools and resources to help employers hire, train, and retain a strong workforce. Or, find resources about [self-employment](#).

<https://www.careeronestop.org/ResourcesFor/Business/business.aspx>

Career advisor

CareerOneStop offers great information and tools for career advisors who help job seekers, career explorers, and students.

<https://www.careeronestop.org/ResourcesFor/CareerAdvisor/career-advisor.aspx>

Credential seeker

CareerOneStop's [Credentials Center](#) can help you get a job, keep a job, or advance in your career.

<https://www.careeronestop.org/ResourcesFor/CredentialSeeker/credential-seeker.aspx>

FLU VACCINE SAFETY



1

Are Flu Vaccines Safe?

Flu Vaccines have a very good safety record, the CDC reports. They recommend that all persons 6 months or older receive a flu vaccine every year

2

Can I get the flu from the Flu Vaccine?

No! Flu vaccines contain inactive (which means it can no longer make you sick) or a particle that looks like the flu virus. Neither of those can cause you to become ill from the flu.

3

What are the side effects?

Normal side effects can include soreness, redness, and/or swelling from the shot, headache, fever, nausea, muscle aches as well as a risk of fainting like with any vaccine. However only symptoms such as difficulty breathing, hoarseness or wheezing, swelling around the eyes or lips, hives, paleness, weakness, a fast heart beat or dizziness signal an allergic reaction

4

How is flu vaccine safety monitored?

The FDA (Food and Drug Administration) and the CDC (Centers for Disease Control) carefully monitor the effectiveness and safety of the flu vaccine every year! When you receive your flu vaccine in a controlled setting with healthcare providers, your safety is a top priority!

5

Is it better to get sick with the flu then get vaccinated?

No! Flu can be a serious disease. Any flu infection can carry a risk of serious complications, hospitalization or death. Getting vaccinated is a safer choice than risking illness to obtain immune protection.



Public Health
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Lawrence Township Health Department

<https://www.cdc.gov/flu/prevent/general.htm>

FOOD AND NUTRITION SERVICES

<p><u>Mercer County WIC Nutrition Program</u> WIC is a successful public health nutrition program that provides wholesome food, nutrition education and community support for income eligible women who are pregnant and postpartum, infants and children up to five years old.</p> <p>wicnutritionist@chsofnj.org</p>	<p><u>Rutgers New Jersey Agricultural Experiment Station (NJAES) Cooperative Extension & Family and Community Health Sciences</u> helps the diverse population of New Jersey adapt to a rapidly changing society and improve their lives and communities through an educational process that uses science-based knowledge.</p> <p>(609) 989-6841</p>
<p><u>Homefront- Fran's Food Pantry</u> 1880 Princeton Avenue Lawrenceville, NJ 08648 609-989-9417 Open Monday and Thursday 11am-2pm; Tuesday 3pm to 6pm https://www.homefrontnj.org/2020/06/donationcenter/</p>	<p><u>Adventist Community Services- Trenton Food Pantry</u> 2160 Brunswick Avenue Lawrence, NJ 08648 609-218-5651 Monday and Tuesday 11 AM - 1 PM & 2 PM - 4 PM By Appointment ONLY https://www.newjerseyconference.org/community-servicesdisaster-response Primary contact: Janelle Rivera jrivera@njcacs.org</p>
<p><u>Lawrence Community Center</u> 295 Eggerts Crossing Road Lawrenceville, NJ 08648 609-883-3379 Open the first and third Thursday of every month from 12 – 4 PM https://www.homefrontnj.org/lawrence-community-center/</p>	<p><u>Jewish Family and Children's Services (JFCS)</u> 707 Alexander Road, Suite 204 Princeton, NJ 08540 609-987-8100 Ext 237 https://www.jfcsonline.org/foodprograms/ Link to register for a food pick up: https://interland3.donorperfect.net/weblink/WebLink.aspx?name=E358443&id=38</p>
<p><u>Meals on Wheels of Mercer County</u> 320 Hollowbrook Drive Ewing, NJ 08638 609-695-3483 Available for 60+ and those with disabilities (primarily serves homebound residents) Link to sign up for meal delivery: https://www.mealsonwheelsmercer.org/meal-delivery-application</p>	<p><u>Arm in Arm</u> 609-396-9355 Locations: Mobile Food Pantry: First Presbyterian Church on 120 East State Street: Tuesdays and Thursdays 9:30 AM to 11 AM 48 Hudson St, Trenton, NJ: Monday and Wednesday 9:30AM to 1PM</p>

https://www.mealsonwheelsmercer.org/home-delivered-meals-info	61 Nassau St, Princeton, NJ: Monday and Wednesday 11 AM to 4 PM; Tuesday 1 PM to 7 PM https://arminarm.org/preventing-hunger/
Abundant Life Christian Fellowship 1901 N Olden Avenue Suite 25 Ewing, NJ 08618 609-902-5547 Distribution is every 4 th Saturday of the month 7am until there is no more food	Lutheran Church of Redeemer 189 S Broad Street Trenton, NJ 609-396-2411 Distribution is every 4 th Thursday of the month between 8:30am-10:30am
Princeton Deliverance Church 301 Southern Street Trenton, NJ 609-392-9161 Distribution on Fridays 9 am until the food runs out	Rescue Mission of Trenton 96-100 Carrol Trenton, NJ 609-695-1436 https://rescuemissionoftrenton.org/services/food-pantry/ Monday, Wednesday, and Friday from 9:00 am until 2:00 pm. Masks are required by everyone. Children are welcome
Trenton Deliverance Center Pantry 1100 S Clinton Avenue Trenton, NJ 609-396-2299 distribution at 1100 South Clinton Avenue is Wednesday thru Saturday, 10:30 a.m. to 2:30 p.m. Wednesday distribution at the Route 1 hotels from 2:00 p.m. to 3:30 p.m.	Trenton Area Soup Kitchen (TASK) 72½ Escher Street Trenton, NJ 08609 609-695-5456 x102 Lunch: Monday through Saturday from 10:30 am – 1:00 pm Dinner: Monday through Thursday from 3:30 pm – 5:00 pm. https://trentonsoupkitchen.org/
Giving Pantry Box at the Presbyterian Church of Lawrenceville 2688 Lawrenceville Rd Lawrence Township, NJ 08648 Located next to the exit driveway of the church “Take What You Need, Give What You Can” Non- perishable foods available	Loaves and Fishes Cathedral of St. Mary of the Assumption 151 N Warren St, Trenton, NJ 08608 Meals served on the last 2 Saturdays of the month 9am to 2pm (609) 396-8447 https://ols-sa.org/loaves-and-fishes

Pandemic-EBT (P-EBT)

Pandemic-EBT (P-EBT) is a federal program to help families of school-age children buy groceries when schools are closed because of the pandemic. This assistance comes through the New Jersey Department of Human Services. No application necessary, but your child must be approved to receive free or reduced-price meals at school. You must complete an application with your school district, if you have not done so already or if your school does not provide free meals to all kids during normal times. <https://www.nj.gov/humanservices/njsnap/pebt.shtml#:~:text=If%20you%20cannot%20find%20your,%2D800%2D997%2D3333>.

Share My Meals

If you, or someone you know, is food insecure, Share My Meals is there to help regardless of ethnicity, gender or gender identity, age or faith, and without judgment.

Getting healthy meals delivered directly to your home for your family is easy. Whether you prefer a meal from time to time or a regular delivery, we are flexible.

No ID required. Just name, address, and phone number to contact at time of delivery. Fill out form:

<https://sharemy meals.org/need-help/>
or call/text 609-337-2415 or email info@sharemy meals.org

Mercer County Free Food Finder

Mercer County Free Food Finder directory is maintained by the Trenton Health Team as part of our effort to improve health equity in our region. It lists meals sites, food pantries, and meal distribution sites serving children, families, seniors and adults.

The information in this directory is updated regularly, but all food resources, locations, and times are subject to change.

We recommend calling sites ahead of time to confirm before visiting.

<https://mercerfoodfinder.herokuapp.com/?keyword=>



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Nutritious food

RECOMMENDED DIETARY GUIDELINES AND ACCESS TO NUTRITIOUS FOOD

The *Dietary Guidelines of America* provides recommendations of food that people should regularly be consuming in order to live a healthful lifestyle.

There are 5 different categories;

- **Vegetables:** Dark green leafy vegetables; red and orange vegetables; beans, peas and/or lentils; starchy vegetables; other vegetables
- **Fruit:** All fresh, canned, and dried fruit as well as 100% fruit juice
- **Grains:** Whole and refined grains
- **Calcium rich products and Dairy:** Fluid, dry or evaporated milks (low or fat free) ; calcium rich alternative milks (almond milk, soy milk etc.); yogurt, kefir, frozen yogurt, cheeses.
- **Protein Foods:** Meats, Poultry, eggs; Seafood; Nuts, seeds and soy products



ACCESS TO HEALTHIER FOODS

Low-income and minority communities often lack convenient places that offer affordable healthier foods.

- Chronic diseases account for 70% of all deaths in the United States. Poor diets lead to chronic illnesses such as heart disease, type 2 diabetes, and obesity.
- American diets are generally poor in nutritional quality and do not align with the dietary guidelines for Americans.



When healthy foods are not available, people may settle for foods that are higher in calories and lower in nutritional value.

<https://www.dietaryguidelines.gov/>

<https://www.cdc.gov/nutrition/healthy-food-environments/improving-access-to-healthier-food.html>

HEALTHCARE RESOURCES

<p><u>Henry J. Austin</u> 321 North Warren St, Trenton NJ 08618 609-278-5900 https://henryjaustin.org/ Medical facility for uninsured. Provides a range of services.</p>	<p><u>Zufall</u> One Plainsboro Rd, Plainsboro NJ 08536 (609) 853- 7600 https://www.princetonhcs.org/care-services/community-health-center Free or low-cost medical care facility serving uninsured or underinsured individuals</p>
<p><u>Lawrence Township Health Department</u> 2207 Lawrenceville Rd, Lawrence NJ 08648 609-844-7089 https://www.lawrencetwp.com/departments/health</p>	<p><u>Capital Health Family Center</u> 433 Bellevue Avenue Trenton, NJ 08618 United States (609) 815-7296 The Pediatric Clinic office only sees those who are uninsured, self-pay or straight Medicaid. https://www.capitalhealth.org/our-locations/family-health-center</p>
<p><u>GoodRx</u> https://www.goodrx.com/ GoodRx is an American healthcare company that operates a telemedicine platform and a free-to-use website and mobile app that track prescription drug prices in the United States and provide free drug coupons for discounts on medications.</p>	<p><u>NJ FamilyCare (Medicaid)</u> 800-701-0710 www.njfamilycare.org NJ FamilyCare is a federal and state funded health insurance program created to help qualified New Jersey residents of any age access affordable health insurance. NJ FamilyCare is for people who do not have employer insurance. Eligibility based on income</p>
<p><u>Screen NJ</u> Find preventative screening services near you https://screennj.org/</p>	<p><u>Get Covered NJ</u> http://nj.gov/getcoverednj/ NJ Health Insurance Marketplace</p>
<p><u>STI Testing and Treatment Clinic Hamilton Health Department</u> 609-890-3647 2100 Greenwood Ave, Hamilton, NJ 08609 https://www.hamiltonnj.com/std Tuesdays, 9am-12pm and 3pm-5:30pm No Appointment Needed free and confidential clinics for STIs to residents of Hamilton Township, East</p>	<p><u>Catastrophic Illness in Children Relief Fund</u> 1-800-335-FUND (3863) A financial assistance program for New Jersey Families whose children have an illness or condition otherwise uncovered by insurance, State or Federal programs, or another source, such as fundraising. The Fund is intended to assist in preserving a family's ability to cope</p>

<p>Windsor, Ewing, Hightstown, Hopewell Township, Lawrence, Princeton, Robbinsville, West Windsor, Hopewell and Pennington boroughs with ID with proof of address. Students residing on the campuses of Rider University and The College of NJ will also receive services free of charge with a college ID.</p>	<p>with the responsibilities which accompany a child's significant health problems. https://www.nj.gov/humanservices/cicrf/text/#:~:text=to%20the%20Fund%3F-,What%20is%20the%20Catastrophic%20Illness%20in%20Children%20Relief%20Fund%3F,other%20source%2C%20such%20as%20fundraising.</p>
<p><u>Kinder Smile</u> 101 North Broad Street, Trenton NJ 08608 (973) 744-7003 https://www.kindersmile.org/trenton/ Provide underserved children with comprehensive dental care and educate children and their families on the importance of dental hygiene</p>	<p><u>NJ HIV/AIDS/STD Hotline</u> 1-800-624-2377 The NJ AIDS/HIV/STD hotline is staffed 24 hours a day, 365 days a year. Help is available via phone, text message, or live chat.</p>
<p><u>New Jersey Prescription Savings Program</u> This program is offered by your Local Government Officials to help lower the prescription drug cost for New Jersey residents. There is no charge to you or the County to belong to this program. (855) 702-7283</p>	<p><u>Charity Care</u> https://www.nj.gov/health/charitycare/ The New Jersey Hospital Care Payment Assistance Program (Charity Care) is available to patients for inpatient and outpatient services at all acute care hospitals throughout New Jersey. Medically necessary services may be eligible for patients who meet income and asset criteria.</p>
<p><u>Perinatal Addiction Prevention Project</u> serves Bergen, Essex, Hudson, Morris, Passaic, Sussex, Union and Warren Counties and focuses on improving birth outcomes by reducing the number of infants exposed to substances in-utero. For additional assistance or support, please contact (973) 978-6223</p>	<p><u>Healthcare.gov</u> https://www.healthcare.gov/ HealthCare.gov is a health insurance exchange website operated under the United States federal government under the provisions of the Patient Protection and Affordable Care Act, which currently serves the residents of the U.S. states which have opted not to create their own state exchanges.</p>

BREAST CANCER

INVASIVE LOBULAR CARCINOMA

Symptoms

Invasive Lobular Carcinoma (ILC) represents 10-15% of all cases of breast cancer. Symptoms include;

- Hardened or thickened area inside the breast or underarm
- Dimpling, dent, or puckering of the skin of a breast
- Change in the size or shape of a breast
- Changes to the nipple, including inversion or pulling to one side
- A new area of fullness or swelling in the breast

Diagnosis

The growth pattern that ILC tumors develop and the frequency of these tumors appearing in more than one place make it difficult for them to be diagnosed using your standard mammogram or ultrasound. This leads to later detection during more advanced stages. The most reliable form of diagnosis is an **MRI or a breast needle biopsy**.



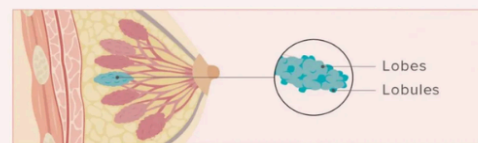
ILC BREAST CANCER IS THE 2ND MOST COMMON TYPE OF BREAST CANCER... AND THE MOST DIFFICULT TO DIAGNOSE

Risk Factors

Lifetime presence of estrogen is the main cause of breast cancers, so all women and some men are at risk. The ages at which a female reached her first period, goes through childbirth and reaches menopause effect the lifetime exposure to estrogen. Hormone replacement therapy and alcohol consumption are also known risk factors for ILC. **Invasive Lobular Carcinoma is most common in postmenopausal women.**

PHYSICAL ACTIVITY, KEEPING A HEALTHY WEIGHT, LITTLE TO NO ALCOHOL CONSUMPTION AND BREASTFEEDING IF POSSIBLE MAY HELP LOWER YOUR RISK OF BREAST CANCER. TALK TO YOUR DOCTOR ABOUT OTHER FORMS OF PREVENTION.

Invasive Lobular Carcinoma



Normal lobule



Lobular carcinoma in situ (LCIS)



Invasive lobular carcinoma

healthline

<https://www.bcrf.org/blog/invasive-lobular-carcinoma-lobular-breast-cancer/>
<https://www.hopkinsmedicine.org/health/conditions-and-diseases/breast-cancer/invasive-lobular-carcinoma>
<https://www.breastcancer.org/types/invasive-lobular-carcinoma#section-diagnosis-of-invasive-lobular-carcinoma>
https://www.cdc.gov/cancer/breast/basic_info/prevention.htm



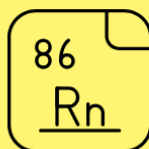
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HOUSING SUPPORT SERVICES

<p><u>Rapid Rehousing through Catholic Charities</u> Mercer County: 132 N Warren Street, Trenton NJ 08608 – 609-394-8847 https://www.catholiccharitiestrenton.org/services/housing-food/?gclid=EAlaIQobChMI3dqz2YHQgAMV4fSUCR1klQIiEAAYASAAEgIPBvD_BwE#:~:text=help%20in%20obtaining%20permanent%2C%20affordable%20housing. uses a combination of federal (HUD) and county funds to help homeless individuals and families in Burlington and Mercer locate affordable permanent housing and offers 3-6 months of financial assistance. The program focuses on four areas: intensive case management, financial assistance, housing location and multiple types of community support and resources. In Burlington and Mercer counties, Rapid-Re-Housing is one of several programs offered to help individuals and families obtain housing and develop the skills necessary for meeting monthly housing and other living costs. Assistance is available for the following: money management, credit repair, saving skills, employment support, job referral services, resume review, and job retention.</p>	<p><u>Payment Assistance Gas and Electric (PAGE)</u> 1-855-465-8783 www.njpoweron.org intended to aid low-to-moderate income New Jersey residents who are struggling to pay their electric and natural gas bills.</p> <p><u>To be eligible you must:</u></p> <ul style="list-style-type: none"> ● Be a homeowner or renter living in NJ ● Currently receive gas and electric services from one of the following providers: JCP&L, PSEG, Rockland Electric, Atlantic City Electric, NJNG, Elizabeth Gas, South Jersey Gas, or a third-party provider who bills through one of these companies ● Be facing a crisis situation that includes a documented notice that your gas/electric account is currently 45 days or more past due, and/or have received a discontinuation notice, and/or service has already been disconnected. Minimum \$100 account balance. ● Provide copies of all required documentation along with the application ● Meet income eligibility requirements noted in the PAGE table below ● Any household with assets of \$15,000 or more in savings, stocks/bonds etc. will be considered ineligible for the program.
<p><u>Low Income Home Energy Assistance Program (LIHEAP)</u> 1-800-510-3102 https://njdca-housing.dynamics365portals.us/en-US/dcaid-services/ federally funded program designed to help low-income families and individuals meet home heating and medically necessary</p>	<p><u>Homefront</u> 1880 Princeton Ave 609-989-9417 https://www.homefrontnj.org/ Provides intensive individual support to families to help them find, rent, and maintain permanent housing. The program provides security and rental assistance and help with</p>

<p>cooling costs. The application period is from October 1 through June 30. You can now The LIHEAP application is also an application for the Universal <u>Service Fund (USF)</u>. You apply for two benefit programs at the same time.</p>	<p>finding emergency shelter, transitional shelter and permanent affordable housing.</p>
<p><u>Project Freedom</u> 1 Freedom Blvd (609) 278-0075 https://www.projectfreedom.org/ organization that develops and operates barrier-free housing to enable individuals with disabilities to live independently. Supportive services such as recreation, training and advocacy are offered. In addition to being a developer of accessible, affordable housing, Project Freedom also offers supportive services, whereby self-directed people with disabilities empower themselves to live independently in a non-medical environment.</p>	<p><u>Womanspace</u> 1530 Brunswick Avenue (609) 394-9000 (24/7 crisis line) (609) 394-0136 www.womanspace.org Confidential emergency shelter, counseling and support for victims of abuse or sexual assault, housing services, and more.</p>
<p><u>Lawrence Township Affordable Housing</u> Piazza & Associates work to assist Lawrence Township with the administrating, monitoring and compliance of our affordable housing program. Piazza & Associates helps connect qualifying persons with low-income and moderate-income homes for sale and rent. https://www.lawrencetwp.com/departments/AffordableHousingBoard</p>	<p><u>Mercer County Homeless Hotline</u> (609) 468-8296</p>
<p><u>Other programs to help pay your PSE&G bill:</u> https://www.nj211.org/utility-assistance-programs</p>	<p><u>Community Options</u> 2025 Princeton Pike, 2nd floor 609-419-4418 family home provider, staffed residence, case management, respite, adult day training - off site speech therapy, behavioral therapy, occupational therapy, physical therapy, and supported employment for individuals with disabilities. https://www.comop.org/</p>



RADON



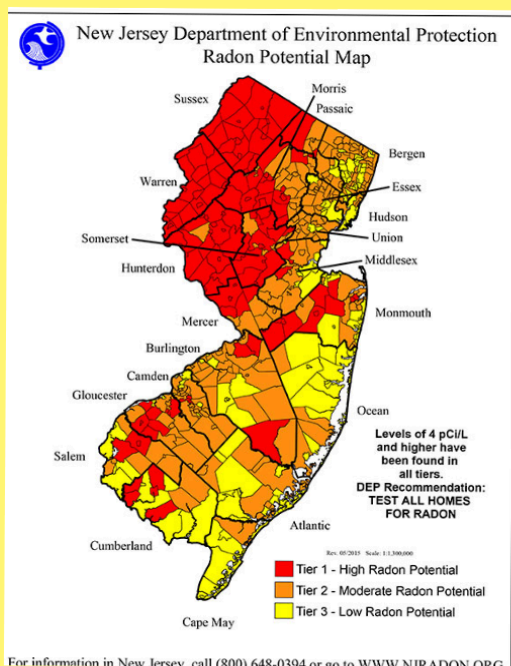
REDUCE YOUR RISK OF LUNG CANCER

Radon is an odorless, invisible, radioactive gas naturally released from rocks, soil, and water. Radon can get into homes and buildings through small cracks or holes and build up in the air.

When you breathe in radon gas, radioactive particles can get trapped in your lungs.



Breathing in Radon for EXTENDED periods of time can cause LUNG CANCER.



For information in New Jersey, call (800) 648-0394 or go to WWW.NJRADON.ORG

**MERCER COUNTY HAS
MODERATE AND HIGH
RADON POTENTIAL**



Testing your home helps protect you and your family! Testing should occur if it's never been done before, when you are buying or selling, or making any renovations/changing the purpose of your basement (Like converting it to a bedroom).

There are two general types of radon test kits:

Short-term kits measure radon for 2–90 days for quick results.

Long-term kits measure radon in your home for over 90 days and are more likely to tell you your home's year-round average level. *The longer the test, the better the results will reflect your home and lifestyle.*

MENTAL HEALTH RESOURCES

<p><u>New Jersey Hopeline</u> call 988 https://njhopeline.com/ NJ suicide prevention hotline</p>	<p><u>NJ Vet2Vet</u> 1-866-838-7654 https://www.njvet2vet.com/ Support to NJ National Guard members, active military personnel, veterans, their families and caregivers statewide through text, chat, email or phone.</p>
<p><u>Capital Health Emergency Mental Health Services</u> 609-396-HELP (4357) 24/7 hotline https://www.capitalhealth.org/medical-services/emergency-mental-health-services</p>	<p><u>NJ Children's System of Care</u> 1-877-652-7624 Child in Crisis 24-hour 7 day a week 365 day a year hotline https://www.nj.gov/dcf/about/divisions/dcsc/</p>
<p><u>Domestic Violence Hotline</u> 1-800-572-SAFE (7233) 24/7 hotline – bilingual and accessible to hearing impaired individuals https://www.thehotline.org/</p>	<p><u>SAMHSA Disaster Distress Helpline</u> 1-800-985-5990 call or text https://www.samhsa.gov/find-help/disaster-distress-helpline National hotline: year-round disaster crisis counseling. Toll-free, multilingual, crisis support service is available 24/7 to all residents in the U.S. and its territories who are experiencing emotional distress related to natural or human-caused disasters.</p>
<p><u>National Alliance on Mental Illness (NAMI)</u> Helpline: 609-799-8994 x17 OR helpline@namimercer.org https://namimercer.org/ Helpline and Support groups offered to Mercer County</p>	<p><u>COVID CONNECT Helpline</u> (833) 223-0011 M-F 9am to 5pm The COVID CONNECT helpline will provide and expand behavioral health treatments and support to individuals who are experiencing mental health and substance abuse issues related to the spread of the COVID-19 virus. A series of screening tools will be used to assess the caller's level of distress and mental health/addiction needs.</p>
<p>NAMI NJ has gained considerable expertise in the area of multicultural outreach and program development. <u>AACT-NOW (African American), CAMHOP (Chinese), NAMI En Español (Latino) and SAMHAJ (South Asian) are four NAMI NJ innovative</u></p>	<p><u>Oaks Integrated Care</u> 1911 Princeton Avenue Lawrenceville, NJ 08648 609-583-1900</p>

<p><u>multi-cultural support and education programs</u> that outreach to African American, Chinese, Latino and South Asian families. The programs also provide education for mental health professionals to help them better understand cultural and treatment issues relevant to these populations.</p> <p>https://www.naminj.org/programs/multicultural/</p>	<p>2550 Brunswick Pike Lawrenceville, NJ 08648 609-396-8877</p> <p>https://oaksintcare.org/</p> <p>Oaks Integrated Care is a private, nonprofit organization dedicated to improving the quality of life for children, adults and families living with a mental illness, addiction or developmental disability. The organization offers over 230 health and social service programs throughout New Jersey designed to meet the needs of our community with compassion. By focusing on integrated care, we can begin to treat the whole person to achieve both mental and physical wellness.</p>
<p><u>NAMI NJ Online Support Groups</u></p> <p>NAMI offers various support groups to various groups of people via Zoom</p> <p>https://www.naminj.org/online-support-groups/</p>	<p><u>New Jersey Resource Directory 2023</u></p> <p>for Mental Health Services in the Mercer County area. Refer to page 31</p> <p>https://www.nj.gov/humanservices/dmhas/home/hotlines/MH_Dir_COMPLETE.pdf</p>
<p><u>New Jersey Quitline and Quit Centers</u></p> <p>1-866-657-8677</p> <p>https://www.njqitline.org/</p> <p>Hotline that provides resources and counseling services for those to quit using tobacco and vape products</p>	<p><u>REACHNJ</u></p> <p>1-844-732-2465</p> <p>https://nj.gov/humanservices/reachnj/</p> <p>24/7 Substance use/addiction hotline; provide referrals to supportive services and a seamless connection to a local treatment provider. ReachNJ serves NJ residents of all ages regardless of insurance status or ability to pay.</p>
<p><u>Womanspace</u></p> <p>Hotline: 609-394-9000</p> <p>Counseling services: 609-394-2532</p> <p>1530 Brunswick Avenue Lawrenceville, NJ 08648</p> <p>https://womanspace.org/programs-and-services/counseling-support/</p> <p>domestic violence and abuse victims and survivors' services.</p>	<p><u>National Alcoholism and Substance Abuse Information Center</u></p> <p>1-800-784-6776</p> <p>National database of the leading alcohol rehab treatment and drug rehab treatment centers in the US and around the world for every level of treatment option from affordable to luxury</p>
<p><u>Department of Human Services STOP OVERDOSES</u></p> <p>4 Princess Road, Suite 206 609-482-3701</p>	<p><u>The Trevor Project</u></p> <p>The Trevor Project o Trevor Lifeline, a 24-hour confidential suicide hotline for LGBTQ Youth: 866-488-7386</p> <p>Trevor Text: Text messaging hotline: Text START to 678-678</p>

<p>https://www.lifebacknj.com/https://nj.gov/humanservices/stopoverdoses/</p> <p>Provide Naloxone information and resources as well as access to a list of all the pharmacies in NJ that provide free Naloxone to anyone over the age of 14.</p> <p>List of participating pharmacies</p>	<p>Trevor Chat: Online instant messaging hotline www.TheTrevorProject.org/get-help-now</p>
<p>Lifeback Addictions And Behavioral Health</p> <p>State licensed and accredited Mental Health and Psychiatric agency with a dedicated team provides services to children, adolescents, and adults; utilizing a wide range of evidence-based practices.</p>	<p>Mercer Council on Alcoholism and Drug Addiction</p> <p>1931 Brunswick Avenue 609-396-5874</p> <p>https://www.mercercouncil.org/</p> <p>Prevention and early intervention programs in partnership with individuals, families, schools, businesses, communities, and professionals throughout Mercer County.</p>
<p>PEI Kids</p> <p>231 Lawrenceville Road (609) 695-3739</p> <p>information@peikids.org https://peikids.org/</p> <p>serves the community in all matters relating to keeping our children safe from the risks of abuse, sexual abuse, bullying, delinquency, and online predation.</p>	<p>Mercer County Division of Mental Health (609) 989-6574</p> <p>advocates for the continued enhancement of a robust, client-centered wellness, and recovery-oriented system of care for all residents requiring various levels of mental health care.</p>
<p>Mercer County Office on Addiction Services (609) 989-6897</p> <p>oversees the provision of community addiction services throughout Mercer County, and contracts with organizations to provide and support community-based prevention, early intervention, treatment, education, and recovery services, including for at-risk and special populations.</p>	<p>Nicotine and Tobacco Recovery Program with Robert Wood Johnson Barnabas Health Institute for Prevention and Recovery (IFPR) (833) 795-QUIT (833-795-7848)</p> <p>quitcenter@rwjbh.org</p> <p>Help thousands of people overcome their addiction to nicotine. Our nicotine and tobacco recovery services are staffed with certified professionals who provide treatment under the Public Health Service Guidelines. Services are provided in Essex, Mercer, Middlesex, Monmouth, Ocean, Somerset and Union Counties. Funding is provided by the New Jersey Department of Health, Office of Tobacco Control, Nutrition and Fitness.</p>

MENTAL HEALTH

IMPORTANCE OF TAKING CARE OF YOUR MENTAL HEALTH



Public Health
Prevent. Promote. Protect.

Lawrence Township Health Department

WHY IS MENTAL HEALTH IMPORTANT?

MENTAL AND PHYSICAL HEALTH ARE EQUALLY IMPORTANT COMPONENTS OF OVERALL HEALTH. FOR EXAMPLE, DEPRESSION INCREASES THE RISK FOR MANY TYPES OF PHYSICAL HEALTH PROBLEMS, PARTICULARLY LONG-LASTING CONDITIONS LIKE DIABETES, HEART DISEASE, AND STROKE.

SIMILARLY, THE PRESENCE OF CHRONIC CONDITIONS CAN INCREASE THE RISK FOR MENTAL ILLNESS.

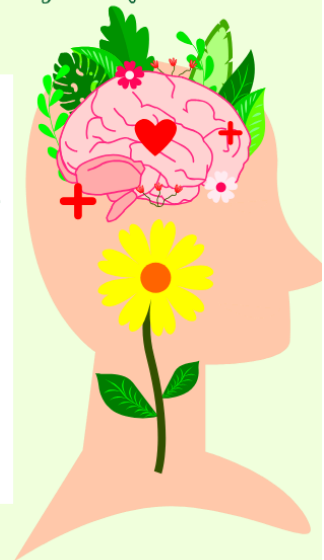
HOW COMMON IS MENTAL ILLNESS

- MORE THAN 1 IN 5 US ADULTS LIVE WITH A MENTAL ILLNESS.
- OVER 1 IN 5 YOUTH (AGES 13-18) EITHER CURRENTLY OR AT SOME POINT DURING THEIR LIFE, HAVE HAD A SERIOUSLY DEBILITATING MENTAL ILLNESS.
- ABOUT 1 IN 25 U.S. ADULTS LIVES WITH A SERIOUS MENTAL ILLNESS, SUCH AS SCHIZOPHRENIA, BIPOLAR DISORDER, OR MAJOR DEPRESSION.

WHAT CAUSES MENTAL ILLNESS

THERE IS NO SINGLE CAUSE FOR MENTAL ILLNESS. A NUMBER OF FACTORS CAN CONTRIBUTE TO RISK FOR MENTAL ILLNESS, SUCH AS:

- ADVERSE CHILDHOOD EXPERIENCES (FOR EXAMPLE, CHILD ABUSE, SEXUAL ASSAULT, WITNESSING VIOLENCE, ETC.)
- EXPERIENCES RELATED TO OTHER ONGOING (CHRONIC) MEDICAL CONDITIONS, SUCH AS CANCER OR DIABETES
- BIOLOGICAL FACTORS OR CHEMICAL IMBALANCES IN THE BRAIN.
- USE OF ALCOHOL OR DRUGS.
- HAVING FEELINGS OF LONELINESS OR ISOLATION.

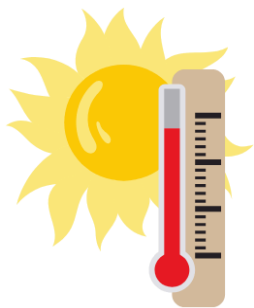


HEALTHY WAYS TO COPE WITH STRESS

- TAKE BREAKS FROM SOCIAL MEDIA. IT'S GOOD TO BE INFORMED, BUT CONSTANT INFORMATION ABOUT NEGATIVE EVENTS CAN BE UPSETTING.
- TAKE CARE OF YOUR BODY; EAT HEALTHY, GET ENOUGH SLEEP, AND EXERCISE REGULARLY
- LIMIT ALCOHOL INTAKE
- AVOID USING ILLEGAL DRUGS OR MISUSING PRESCRIPTION DRUGS
- AVOID SMOKING AND VAPING
- REGULARLY VISIT HEALTH APPOINTMENTS
- MAKE TIME TO UNWIND.
 - TAKE DEEP BREATHS, STRETCH, OR MEDITATE.
- CONNECT WITH OTHERS

PARKS AND RECREATION

<p><u>Lawrence Township Recreation Department</u> (609) 844-7065 provides recreational programs that enrich the quality of life for Lawrence residents by promoting an active lifestyle and encouraging social interaction. The Lawrence Township Recreation Department offers a year-round selection of athletics, camps, special events, and instructional programs for the residents of Lawrence Township.</p>	<p><u>Friends of the Lawrence Greenway</u> The Friends of the Lawrence Greenway is a non-profit organization that advocates a walkable and bikeable community in Lawrence Township (Mercer County), New Jersey. info@lawrencegreenway.org</p>
<p><u>Trails, Open Space and Stewardship Committee</u> evaluate community open space assets and requirements and advise Township Council and other boards regarding acquisition and development of open space. If you are interested in applying for a position on this or any board/committee, please complete this form.</p>	<p><u>Lawrence Hopewell Trail</u> The LHT's 22-plus mile trail winding through Hopewell and Lawrence Townships offers safe access to various sections of the towns for kids, families, bicyclists, joggers, hikers and commuters. This family-oriented trail belongs to all of us and is designed to promote recreation, healthier lifestyles, better mobility and commuting, and a cleaner environment. info@lhtrail.org</p>
<p><u>The New Jersey Trails Association</u> provides the information you need to find trails in your region and is headed by D&R Greenway Land Trust with input from other land trusts and local open space groups. (609) 924-4646 info@drgreenway.org</p>	



EXTREME HEAT SAFETY



Public Health
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Lawrence Township Health Department

STAY COOL

- Wear Lightweight and Loose-fitting Clothing
- Limit outdoor activities
- Stay in an air conditioned place --> at home, public places like a mall or public library or your local cooling station
- Take cool showers
- Avoid hot and heavy meals
- WEAR SUNSCREEN

STAY INFORMED

- Keep up to date with the local news
- Learn the signs of heat related illnesses
- Monitor those who are high risk; elderly, infants, children, overweight or have chronic illness

DO NOT LEAVE CHILDREN OR PETS IN CARS UNATTENDED!

The extreme heat can bring parked cars to dangerous temperatures even with open windows!

STAY HYDRATED

- Drink more fluids, regardless of activity level
- Stay away from sugary or Alcoholic drinks
- If you are excessively sweating, replace the bodies salt and minerals with electrolyte drinks
- Ensure pets have water and are in a cool location



<https://www.cdc.gov/disasters/extremeheat/heattips.html>

July 2023

SENIOR HOUSING

<u>Brookshire Senior Apartments</u> 100 Forest Ridge Drive Lawrence, NJ 08648 (609) 882-3530	<u>Carriage Park Apartments</u> 2000 Colts Circle Lawrence, NJ 08648 (732) 710-1336
<u>Carriage Park Condos</u> 1000 Colts Circle Lawrence, NJ 08648 (732) 985-8500	<u>Gatherings at Lawrenceville</u> 1001 Princess Road Lawrence, NJ 08648 (609) 786-1100
<u>Heritage Village at Lawrence</u> 1970 Brunswick Avenue Lawrence, NJ 08648 (609) 393-6500	<u>Lawrence Plaza Apartments</u> 2350 Princeton Pike Lawrence, NJ 08648 (609) 883-5407
<u>Lawrenceville Point</u> 207 Point Court Lawrence, NJ 08648 (609) 883-5407	<u>Old Bailey Court Condos</u> 117 Slack Avenue Lawrence, NJ 08648 (609) 240-4928
<u>Project Freedom</u> 1 Freedom Boulevard Lawrence, NJ 08648 (609) 278-0075 ext. 2113 (609) 278-0075 ext. 2110	<u>Traditions at Federal Point</u> Federal Point Boulevard & Traditions Way Lawrence, NJ 08648 (732) 390-1100
<u>Ventana at Lawrenceville</u> Schindler Court Lawrence, NJ 08648 (609) 902-2470	<u>Yorkshire Village Senior Apartment</u> 100 Cole Lane Lawrence, NJ 08648 (732) 750-1111

TAKE ACTION TO PREVENT FALLS WITH BETTER HEARING



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Lawrence Township Health Department

Falls are NOT a natural part of aging. Even if you're healthy or have talked with your healthcare provider, it's important to check your risk. There are many steps you can take to prevent a fall.

**TALK OPENLY WITH YOUR
LOVED ONE AND THEIR
HEALTHCARE PROVIDER ABOUT
FALL RISKS AND PREVENTION.**



**BEING ABLE TO SEE AND
WALK COMFORTABLY
CAN PREVENT FALLS.**



**ACTIVITIES THAT IMPROVE
BALANCE AND STRENGTHEN
LEGS CAN PREVENT FALLS.**



**MOST FALLS
HAPPEN AT HOME.**

Individuals that wore hearing aids compared to those that didn't reported fewer falls. - Laura Campos, an audiologist and researcher at UCHealth.

**HOWEVER MANY OLDER ADULTS ARE AFRAID THAT HEARING AIDS ARE A MARK
OF OLD AGE OR THAT ADJUSTING TO SOUND AMPLIFICATION IS UNBEARABLE!**

**STUDIES SHOW CONSISTENTLY USING A HEARING AID IS ASSOCIATED WITH
LOWER FALL PREVALENCE AND RISK IN OLDER ADULTS WITH HEARING LOSS.**



**Humans have the ability to echolocate! This means sometimes we can
identify little gaps between objects placed within a distance from
ourselves. Hearing if a car is near or far can make a huge difference for
an older and at risk adult crossing a street!**



**Older adults that experience hearing loss end up working harder to
understand conversation.**

**"That uses a lot more resources," and can be taxing, Campos explains.
As a result, she says people are left with "less cognitive resources," to
navigate their surroundings. So, perhaps they don't notice a step or a fall
hazard until it's too late.**

SOURCE: <https://www.npr.org/transcripts/1212051086>
<https://www.cdc.gov/falls/index.html>

SOCIAL SUPPORT SERVICES

<p><u>Arm in Arm</u> 3 locations: 48 Hudson St, Trenton, NJ 08609 61 Nassau St, Princeton, NJ 08542 Mobile Pantry: First Presbyterian Church on 120 East State Street https://arminarm.org/ 609-396-9355 or info@arminarm.org Arm in Arm supports low-income Mercer County Residents by providing food assistance, housing, job support, financial management for Social Security beneficiaries.</p>	<p><u>United Way of Mercer County</u> 3150 Brunswick Pike, Suite 230 Lawrenceville, NJ 08648-2420 Main: 609-896-1912 Benefit Enrollers: 609-637-4917 https://www.uwgmcc.org/covidresources Free federal benefit screening (SNAP, WIC, rent & utilities assistance and health insurance), free tax preparation and access to community resources. Services are free of charge and are available in English/Spanish.</p>
<p><u>Homefront</u> 1880 Princeton Ave Lawrenceville, NJ 08648 https://www.homefrontnj.org/ 609-989-9417 or homefront@homefrontnj.org Homefront services are available to Mercer County residents who may need assistance with housing, emergency services, food, resource connection and other programs to help families and children live healthier happy lives.</p>	<p><u>Mercer County Hispanic Association - MECHA</u> 231 Bakers Basin Rd, Unit 5 Lawrence Township, New Jersey 08648 609-578-4246 or https://njmecha.org/ Mission of MECHA is to provide and/or facilitate access to social services and advocate on behalf of the Latino members of the community. MECHA serves people in need from all of Mercer County communities working to provide them with the skills and services necessary to promote self-sufficiency.</p>
<p><u>Family Success Centers (NJDCF)</u> <i>Mercer County locations:</i> Heritage North Family Success Center Heritage South Family Success Center 1554 Princeton Avenue 635 S. Clinton Avenue Trenton, NJ 08638 Family Success Centers are “one-stop” shops that provide wrap-around resources and supports for families before they find themselves in crisis. There is no cost to access services provided by Family Success Centers. https://chsofnj.org/services/maternal-child-health-family-success-centers/heritage-north-family-success-center/</p>	<p><u>Mercer County Board of Social Services</u> (609) 989- 4320 https://www.mcbooss.org/services_offered/social_services Our Social Service staff works with individuals/families who are eligible for WFNJ TANF, WFNJ GA, Supplemental Security Income (SSI) or have a limited income. Emphasis is placed on social rehabilitation, crisis intervention and problem solving.</p>

<p>Trenton, NJ 08611 609-393-2980 609-695-6274</p> <p>Core services include:</p> <ul style="list-style-type: none"> ● Access to information on child, maternal and family health services, economic self-sufficiency and job readiness ● Information and referral services (connection to off-site public and private resources) ● Life skills training ● Housing services ● Parent education ● Parent-child activities ● Advocacy 	
<p><u>NJ Parent Link</u> provides information and resource needs of expectant parents, families with young children (newborns to children entering kindergarten) and professional stakeholders vested in the health & well-being of New Jersey's children & families. Parenting and support resources for families with older children, school aged to young adulthood, are also available. https://www.nj.gov/njparentlink/</p>	<p><u>The English School at Lawrence Road Presbyterian Church</u> 1039 Lawrence Road <u>theenglishschool@lrpc.com</u> <u>https://theenglishschoollrpc.com/</u> provide immigrant members of our community with affordable resources for learning English, while working to create community through social activities and classes. Adult and child English programming along with tutoring and citizen preparation for a nominal fee.</p>

TEEN DATING VIOLENCE

HOW TO PROTECT YOUR TEEN



Teen Dating Violence occurs within romantic relationships in person or online. This abuse can be physical, sexual or emotional.

Some are more at risk...

Female students, students who identify as LGBTQIA+ or those who were unsure of their gender identity experienced higher rates of physical and sexual dating violence..

1 in 12 adolescents experience sexual and or physical violence in a relationship



Know the Warning Signs

- Sudden changes in appearance or behavior
- Unusual Mood Swings
- Becoming Secretive
- Unexplained bruising, scratches or marks
- Constant apologizing for partner

Open a Conversation

Talk to your teen about healthy relationships. Be open, understanding and non judgmental. By doing so you can protect your child from experiencing violence.

Resources

Love is Respect National Teen Dating Abuse Helpline
+1(866) 331- 9474
RAINN National Sexual Assault Hotline
+1(800) 656- 4673

TRANSPORTATION SERVICES

<p><u>Mercer TRADE</u> – Transportation Resources to Aid the Disadvantaged and Elderly 609-530-1971, email trade@mercercounty.org https://www.mercercounty.org/departments/transportation-and-infrastructure/t-r-a-d-e</p> <p>It is the purpose of TRADE to support eligible County residents who require transportation to maintain their health, improve their financial status, utilize various public and private programs and services (medical, therapeutic, recreational) and access other community resources. TRADE Transportation is accessible to all eligible residents of Mercer County, including older adults (age 60+) and people with disabilities.</p> <p>It is the mission of TRADE to provide a safe, efficient and economical paratransit service to all eligible Mercer County residents by trained staff dedicated to the passengers' special needs.</p>	<p><u>Access Link (NJ Transit)</u> Must apply to use this service, call 973-491-4224 option 1 to sign up</p> <p>Access Link is a public transportation service established to comply with the paratransit regulations of the ADA. Access Link service is comparable to the NJ TRANSIT local fixed route bus and light rail systems. Access Link is for people with disabilities who are unable to use the local fixed route bus for some or all of their rides.</p>
<p><u>Reduced Fare Program</u> NJ TRANSIT Reduced Fare Program One Penn Plaza East, 5th Floor Newark, NJ 07105</p> <p>Senior citizens 62 and older and people with disabilities may take advantage of the reduced fare at any time on all trains, buses, and light rail vehicles.</p> <p>https://www.njtransit.com/schedules-and-fares/reduced-fare-program</p> <p>You may also fill out an application at most local banks, savings and loan associations, or county Offices on Aging. You must present a Social Security Card and proof of age (a birth certificate or a driver's license.) NJ TRANSIT Reduced Fare Card/Reduced</p>	<p><u>RideProvide</u> 609-452-5144 info@rideprovide.org https://rideprovide.org/</p> <p>Services available to seniors and visually impaired adults. Door to door transportation is provided for any trip purpose in a private automobile. Free trips are provided to and from Penn Medicine Princeton Health facilities, RWJ Hamilton Hospital, and other select RWJ facilities.</p>

<p>Fare ID applications are also available at the NJ TRANSIT Customer Service offices at Newark Penn Station, New York Penn Station, Hoboken Terminal, and the Port Authority Bus Terminal. Or, you may obtain the application by writing or calling the NJ TRANSIT Reduced Fare Office.</p>	
<p>Medicaid HMO enrollees 1-866-527-9933 can have free, non-emergency medical transportation from Motivcare, formerly known as Logisticare. Drivers pick members up at their homes, take them to their appointments and bring them home in a timely manner.</p>	<p>Ryde4Life Call 201-939-4242 Ext. 4 and speak to an EZ Ride Operator to request a ride. Rides are provided in real time with no advance reservations. Email Ryde4Life@ezride.org for more information. https://ezride.org/transportation/senior-transportation/</p>
<p>Go Go Grandparent Register for free at gogograndparent.com or call 1-855-464-6872 and press 2. Email the organization at support@gogograndparent.com https://gogograndparent.com/ provides transportation, groceries, home services & more for older adults.</p>	<p>Greater Mercer Transportation Management Association (GMTMA) Mercer and Ocean County (609) 452-1491 https://gmtma.org/ promoting and providing transportation choices that are designed to reduce congestion, improve mobility, increase safety and further sustainability in</p>

EMERGENCY ANIMAL HOSPITALS

BluePearl Specialty and Emergency Pet Hospital - Langhorne (CARES):

(215) 750-2774

2010 Cabot Blvd. West Suite D
Langhorne, PA 19047



BluePearl Specialty and Emergency Pet Hospital - Levittown (VSEC):

(215) 750-7884

301 Veteran Hwy
Levittown, PA 19056



NorthStar Vets in NJ (24 HOURS):

(609) 259-8300

315 Robbinsville-Allentown Rd
Robbinsville, NJ 08691



Mount Laurel Animal Hospital:

(856) 234-7626

220 Mt Laurel Rd
Mt Laurel, NJ 08054



Red Bank Veterinary Hospital (24 HOURS):

(856) 429-4394

2051 Briggs Rd
Mt Laurel, NJ 08054



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MISCELLANEOUS

<p><u>NJ211</u> Dial 211 or text your zip code to 898-211 https://www.nj211.org/</p> <p>NJ 211 helps people find solutions to personal needs by informing them of resources in their community. Every day we connect people to day care facilities, shelters, affordable housing units, social services, employment training programs, senior services, medical insurance, and more.</p>	<p><u>Mercer Resource Net</u> http://www.mercerresourcenet.org/about/about-us/ call: 609-584-0888</p> <p>Mercer ResourceNet provides a wide range of information about support, resources, and services for children and families in Mercer County, NJ</p>
<p><u>Lifeline</u> Lifeline Customer Support Team at (800) 417-3849. Lifeline Application - English Lifeline Application - Spanish a government assistance program that can provide a discount on your monthly phone bill if you qualify. Save \$9.25/month off of monthly access.</p>	<p><u>NJ Register Ready</u> allows New Jersey residents with disabilities or access and functional needs and their families, friends, caregivers and associates an opportunity to provide information to emergency response agencies so emergency responders can better plan to serve them in a disaster or other emergency.</p> <p>https://www13.state.nj.us/SpecialNeeds/Signin?ReturnUrl=%2fSpecialNeeds%2f</p>
<p><u>Nixle</u> Subscribe to the NJ State Police on Nixle Connect. New Jersey residents can register to receive messages by sending a text message with their zip code to 888777 (data rates may apply depending on your plan). Online registration is also available at www.nixle.com</p>	<p><u>Mercer County WIC</u> Contact Mercer County Board of Social Services (609) 989-4320 Women, Infants and Children The Mercer County WIC program is available for all pregnant and breast-feeding women, their families and children who meet the nutritional and financial guidelines. WIC services provides supplemental nutritious foods to pregnant, breastfeeding and postpartum women, infants and children up to the age of 5. WIC services include nutrition education and counseling, breastfeeding promotion and support, immunization screening, and health care referrals.</p>

	https://www.nj.gov/health/fhs/wic/participants/apply-wic/
<p><u>Project Medicine Drop Box</u> Lawrence Twp. Police Department 2211 Lawrenceville Road, Lawrenceville NJ (609) 896- 0225</p> <p>secured drop boxes in the headquarters of local police departments. Consumers from anywhere in New Jersey can visit the boxes seven days a week, to drop off unneeded and expired medications - and keep them away from those at risk of abusing them. The drop boxes accept solid pharmaceuticals such as pills, capsules, patches, inhalers, and pet medications. They cannot accept syringes or liquids.</p>	<p><u>NARCAN Kit Distribution</u> 2751 Brunswick Pike, Lawrenceville NJ (609) 883-8291</p> <p>Mercer County Library System is participating in New Jersey's Naloxone Distribution Program – designed to ensure communities across Mercer County impacted by the opioid epidemic have low-barrier access to Naloxone (Narcan). Each of the nine MCLS branches has kits available for distribution. No prescription is needed to access Narcan from the MCLS branches. A kit includes a supply of Naloxone with instructions, as well as educational information and resources.</p>

LEAD IS A NATURALLY OCCURRING METAL THAT CAN CAUSE NEGATIVE HEALTH EFFECTS.



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Some ways children, adults and pets are exposed to lead is by eating lead paint chips, by breathing in dust from lead paint or by ingesting contaminated food or water.

Children younger than 6 years are more likely to be exposed to lead dust due to their hand to mouth behavior and are more susceptible to life-long injury since their brain and bodies are still developing.

SOURCES OF LEAD EXPOSURE CAN INCLUDE THE FOLLOWING:

- ✱ Chipping or peeling paint in homes or buildings built before 1978
- ✱ Soil near airports, highways, or factories
- ✱ Water from lead pipes
- ✱ Some imported toys and jewelry
- ✱ Certain jobs and hobbies

LEAD EXPOSURE CAN CAUSE LIFELONG HEALTH PROBLEMS.

Lead exposure harms several body systems including the brain, nervous, and reproductive systems and results in:

- ✱ Developmental and growth delays
- ✱ Hearing and speech problems
- ✱ Difficulty learning and paying attention
- ✱ Serious illness and death

CDC RECOMMENDS TESTING BLOOD FOR LEAD EXPOSURE. TWO TYPES OF BLOOD COLLECTION TESTS MAY BE USED:



CAPILLARY SAMPLE:

A finger-prick or heel-prick is used to take a small amount of blood to test for lead.



VENOUS SAMPLE:

A small amount of blood is taken after a needle is inserted into the patient's vein to test for lead.

**WHEN IT COMES TO LEAD AND YOUR CHILD,
DO WHAT IS BEST AND GET THE TEST!**



Residents are permitted (3) bulky items for collection on the last Friday of each month. More details can be found here: <https://bit.ly/47MTrXx>

Lawrence Township Department of Public Works responsibilities include maintaining municipal roadways and drainage systems, the issuance of road opening permits, snow removal, garbage collection, brush and yard waste collection, maintaining the township's recreational facilities and the care of the municipal buildings.

HOARDING

Hoarding Myths & Truths

Myth: Hoarded homes are filthy and the people who live in them are dirty.

Truth: The term hoarding refers to the volume of clutter or quantity of objects in a given space. It does not refer to cleanliness. Instead, the term squalor describes filth or the ruin of a space due to neglect. It is possible, and in fact quite common, to have an environment that is filled with clutter but is relatively clean.

Myth: People who hoard are lazy and choose to live the way they do.

Truth: Hoarding disorder is a mental illness recognized by the American Psychiatric Association. People who hoard express shame, sadness, guilt, remorse, and embarrassment at how their illness negatively impacts their lives and those they love.

Prepared by C. Bratiotis and authors of Beyond the Sensationalism: Professional Responses to Hoarding Disorder in the Omaha Community, University of Nebraska at Omaha, Grace Abbott School of Social Work, 2014.

LOCAL RESOURCES

- **Mastertech Environmental Professional Hoarding Cleanup Services**
 - (609) 948-8844
- **Bio-One of Trenton**
 - (856) 994-2735
- **Affordable Remediation & Emergency Services**
 - (732) 217-768
- **Hoarders-Clutterers Express**
 - (888) 792-2362
- **Bio Helpers Compassionate Cleaning**
 - (609) 920-5070
- **Jiffy Junk**
 - (844) 543-3966
- **Clutters Anonymous**
 - (866) 402-6685

January 2024



How can residents help during snow removal?

If possible during snow emergencies, please do not park your vehicle in the street. Snow removal operations are more effective when the street is clear of vehicles and other obstructions. Some streets are posted for “no parking when snow covered.” Please obey the signs. Violations of the ordinance can result in a summons.

After the snow has stopped, property owners or tenants, have 24 hours to remove snow and ice from sidewalks as per Lawrence Township ordinance #378. This includes entrances to crosswalks. In addition, snow or ice from private properties or vehicles shall not be placed into, or upon, any street or sidewalk in the township. Therefore, do not throw snow into the street. This hinders plowing operations, and impedes the safe passage of traffic.

For more information, residents can contact the Public Works Department at (609) 587-1894

January 2024